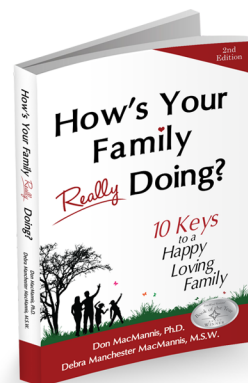


Family of Origin Assessment



Instructions

We hope if you are downloading this assessment that you have a working knowledge of the **10 Keys**. For those who haven't read the book, we suggest that you do so in order to understand the purpose of this second assessment and apply the procedures described in Chapters 11 and 12.

This is an assessment of the family of your childhood. This process can help you to learn how your current family patterns may have been affected by past experiences. The questions ask you to make generalizations about your family even though you might score individuals in the family very differently.

If you grew up in more than one family for reasons of divorce, a loss in the family, or other reasons feel free to give separate scores for each "family." We have given you a couple of spaces on the assessment form to accommodate additional separate scores. Similarly, if you have difficulty giving your family of origin just one score because things changed so much over time, make some chronological divisions and give separate scores for the different periods of time. (Example: "I really had two distinctly different families. The one while my dad was drinking and the one after he stopped.") Your earliest or more formative years, when you were living at home, are the most important part of our focus.

Assessment

This assessment contains fifty statements, each describing a particular family strength. Looking back, how much improvement do you believe the family of your childhood needed on each item? Grade from 1-5 according to the following scale:

1	2	3	4	5
much need for improvement		some need for improvement		no need for improvement

Family(s) of childhood

Key #1

- We talked things over and knew what was going on with each other.
- Individuals spoke for themselves, not for others.
- Each family member found a balance between talking and listening.
- We noticed and discussed some of the nonverbal messages we sent and received.
- We listened to one another's ideas or points of view.

Subtotals **Key #1**

Key #2

- Feelings were expressed in a balanced way, not too much or too little.
- We comforted one another and were able to cry openly when sad.
- Feelings of fear, frustration, and anger were shared constructively.
- As needed, we used calming methods such as centering and slow deep breaths.
- We shared more positive feelings (joy, tenderness, pleasure) than negative ones (fighting, criticizing, yelling, teasing.)

Subtotals **Key #2**

Adapted from *How's Your Family Really Doing? 10 Keys to a Happy Loving Family*
Don MacMannis, PhD and Debra Manchester MacMannis, MSW

Key #3

- ___ ___ We recognized and encouraged each other's unique strengths.
- ___ ___ Mistakes were treated as helpful learning opportunities.
- ___ ___ We adapted well to losses, changes, and transitions.
- ___ ___ We practiced good habits of exercise, self-care, and regular sleep.
- ___ ___ Each of us drew social support from friends, extended family, and social groups.

___ ___ Subtotals **Key #3**

Key #4

- ___ ___ We liked to spend time together.
- ___ ___ There were established routines for bedtime, meals, and family time.
- ___ ___ Family meals together happened more than once a week.
- ___ ___ We had rituals that were special to our family and/or extended family.
- ___ ___ Each family member spent some quality time with every other member.

___ ___ Subtotals **Key #4**

Key #5

- ___ ___ My parents were not too soft but not too strict.
- ___ ___ My parents were on the same page about how to parent the children.
- ___ ___ My parents used encouragement and praise far more often than negative words.
- ___ ___ Punishment consisted of consequences rather than spanking or yelling.
- ___ ___ The children followed rules and respected the adults as the leaders of the family.

___ ___ Subtotals **Key #5**

Key #6

- ___ ___ We had a healthy balance between closeness and distance with each other.
- ___ ___ We felt close and connected to other family members and to friends.
- ___ ___ There was overall respect for each other's needs for independence.
- ___ ___ Family members were usually available to one another for help and support.
- ___ ___ We had "boundaries" that provided privacy between adults and children.

___ ___ Subtotals **Key #6**

Key #7

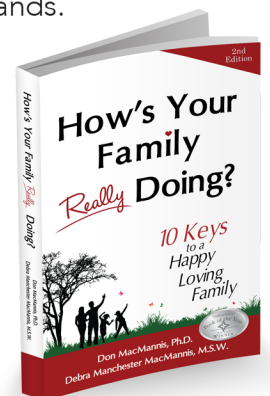
- ___ ___ Differences among family members were acknowledged and valued.
- ___ ___ People didn't "need to be right," allowing others to have their own perspective.
- ___ ___ My parents acknowledged and accepted differences in temperament and learning style.
- ___ ___ My parents focused on the strengths of individual differences and taught us tolerance.
- ___ ___ As appropriate, we stated preferences and requests rather than making demands.

___ ___ Subtotals **Key #7**

Key #8

- ___ ___ We emphasized the positive aspects of situations rather than complaining.
- ___ ___ My parents taught about social values and moral decision-making.
- ___ ___ We treated others the way we wanted to be treated.
- ___ ___ We were capable of offering apologies and being forgiving.
- ___ ___ We valued spiritual ideas, the bigger picture in life, and service to others.

___ ___ Subtotals **Key #8**



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Key #9

- ___ ___ We negotiated and compromised rather than one person dominating decision-making.
- ___ ___ We faced problems early on rather than waiting until things got out of hand.
- ___ ___ My parents were organized and provided leadership in making decisions.
- ___ ___ Family members felt respected for their ideas even when they didn't get their way.
- ___ ___ Parents included children in decision-making in an age-appropriate way.

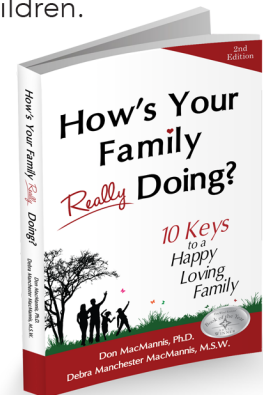
___ ___ Subtotals **Key #9**

Key #10

- ___ ___ My parents provided a model of love, respect, and healthy boundaries.
- ___ ___ My parents walked their talk rather than falling back on "Do as I say, not as I do."
- ___ ___ Criticism and defensiveness happened only infrequently as forms of communication.
- ___ ___ My parents worked toward agreement and kept conflict away from the children.
- ___ ___ My parents made their relationship a priority, cultivating friendship and intimacy.

___ ___ Subtotals **Key #10**

___ ___ Total **Keys #1-10**



Analyzing Your Assessment

Add up your scores for each of the individual Keys. The maximum score for each Key is 25 points, so a comparison of the point scores for each Key will clearly highlight your family's strengths and areas for growth.

The first starting point is to look at your family of origin's strengths and weaknesses. Examine your scores for each Key. Where did you score high? Where did you score poorly? If you have scored 16-25 on a Key, look on that component as a strength. If you scored from 12-15, the topics covered in this Key probably need some attention. A score from 5-11 identifies a problem Key. The results of this assessment will help you figure out how to obtain tangible results from this book. Circle your lowest scores and star those keys for later attention.

Next, compare the scores you gave your family of origin with those given by other family members. If there are big discrepancies, try to define what aspects of the Key led to differing conclusions. Listen to the perspectives of others and explain how you see things. Obviously there is no "right" answer, so let it be okay to disagree. Bear in mind that each individual had a unique experience even while growing up in the same family. If you remain open and curious, you can learn a lot about each other just by comparing notes.